

# You're invited



Discover helpful tips and activities for *a new way to health* when you join us for our next Braven Health<sup>SM</sup> Wellness Seminar.

**Date: 3/14/2022**

**Time: 10:00**

**This month's topic: Brain Games**

**About this seminar:** This interactive presentation discusses our brain as the "master computer" and the important topic of brain health. There are routine maintenance activities we can do on a daily basis that helps to keep this master organ healthy and in best working order, even as we age. Diet, physical exercise and proper rest will be touched upon. There will also be games and exercises played that stimulate and exercise different areas of our brain to help increase our memory. A strongly exercised brain can help keep our memory strong!

**Location - Engel Sprague Senior Center**  
**239 11th St Waretown**  
(GPS address is BARNEGAT)

**For more information, please contact:** Jeanne Broadbent - Recreation Director, Municipal Alliance Coordinator Township of Ocean 609-548-6319 RSVP via email [recreation@twpoceannj.gov](mailto:recreation@twpoceannj.gov)



A partnership between Horizon Blue Cross Blue Shield of New Jersey, Hackensack Meridian *Health* and RWJBarnabas Health.

## **For accommodations of persons with special needs at meetings call**

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Spanish (Español): Para ayuda en español, llame al **1-855-457-0222** (TTY **711**).

Chinese (中文): 如需中文協助,請致電 **1-855-457-0222** (TTY **711**) °

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